



Bulletin 2

National Orienteering League Round 4 NSW State Leagues #5 & #6

Welcome to the Olney State Forest NOL Round 4 and NSW State Leagues 5 & 6

Event 1 Forest Middle Distance
Olney State Forest East
National Orienteering League Round 4
New South Wales State League 5

Event 2 Forest Long Distance
Olney State Forest
National Orienteering League Round 4 Hagaby Format
New South Wales State League 6

Event	Date	Starts from	Event format	State League	Map Scale
NOL4 Middle	Saturday 10 th May 2025	12:00	Middle		Olney State Forest 1:10000
SL 5 Middle	Saturday 10 th May 2025	13:00	Middle	As per ONSW State League	Olney State Forest 1:7500
NOL 4 Hagaby Long	Sunday 11 th May 2025	Mass Starts From 9:00	Long Hagaby		Olney State Forest 1:10000
SL 6 Long	Sunday 11 th May 2025	9:30	Long	As per ONSW State League	Olney State Forest 1:7500

Acknowledgement of Country



Central Coast Orienteers acknowledges the Darkinyung (Darkinjung) People who are the Traditional Custodians of the lands on which we are running and competing.

We pay respect and acknowledge our First Nations ancestors that have walked and cared for these lands for many generations before us. We acknowledge the Elders who are the knowledge holders, teachers and leaders, and the youth who are the emerging leaders in this community.

We recognise the unique cultural and spiritual relationship and celebrate the contributions of First Nations people to Australia.

Embargo information and previous map- Olney State Forest has had an embargo since last year and is in force until your start time. Previous map is available on the link in Eventor.

GENERAL INFORMATION

Directions to Both Events: From the south travel along Jilliby Road to intersection with Mandalong Road. Turn right into Mandalong Road, travel 3.5km and turn left into the paddock. Do not stop at the gate!

From the north travel along Mandalong Road towards Dooralong. 2 km after passing Yambo Forest Road- at a sharp left bend- turn right into the paddock. This turn is across traffic, do not stop at the gate!

1277 Mandalong Rd
Durren Durren NSW 2259
GPS Coordinates
-33.171638, 151.382035

Parking: Park as directed in the semi cleared paddock. Parking and arena courtesy of Tony.

Registration: Registration will be available at the arena from 11:00 am on Saturday 10th May. Registration will be open from 8:00 am on Sunday 11th May.

All NOL competitors are required to collect their competition bib which is to be used in both races. The numbers have been allocated based on Australian Elite rankings as of 30th April 2025 . If competitors were not in the top 50 they have been randomly allocated a number.

National Orienteering League Competitors

It is imperative that you are wearing the bib on both days, but in particular, on the Sunday to ensure you pick up the correct map. Your bib competition number will match the number on the map.

Uniform: All NOL runners who wish to count for points for their state need to run in their state NOL top and ensure their entry in Eventor states their NOL team name in place of their club.

Registration For State League Competitors:

On arrival at the arena you select a **start time label** for your course- on tables at Registration. This label will have the course name and a time on it. You need to show this label to the start official at the map boxes.



NO START LABEL/STICKER NO START

Toilets: There will be four portaloos in the paddock adjacent to the parking. It is a short walk to the arena adjacent to the parking.
Flush toilets are available at Dooralong Hall at the turn off at Jilliby Rd/Mandalong Road junction.

Restrictions: Please note that State Forests do not allow dogs in the parks and fires are prohibited. This is also in line with ONSW policies.

Catering: The NSW Juniors will have a fundraising stall selling baked goods and cold drinks on both Saturday and Sunday and in addition will have sausage sandwiches(bbq provision pending) for sale on Sunday. Cash only.

Enter of the Day: Enter on the day will be available at the registration tent with the following courses.
Register between:

12:30 -13:00 Saturday 10th May: Hard 5, Moderate, Easy, Very Easy.

9:00 -9:30 Sunday 11th May: Hard 4 ,Moderate, Easy, Very Easy

Fill in registration form, pay, and take a start time for your chosen course and proceed to the start. Please arrive at least 3 minutes before your start time to go through the start procedure.

Entry Fee for Enter on the Day

Members and Non-Members: Senior: \$35, Junior(13+) \$25, Sub Junior(<13) \$20

SI Stick hire:\$5

Please bring cash or use these bank details for direct deposit(Osko)

Central Coast Orienteers Bank Details for direct deposit:

BSB:062 438

Account number:10242155

Reference EOD and your name please.

Map paper: All maps will be printed on waterproof paper (Pretext).

Map Scales: NOL 1:10000 NSW State League 1:7500

Map Notes

Please read -includes a water safety message

Significant rainfall has resulted in extra water along creeks, watercourses, low-lying areas, depressions, and trails. Forest and trails are wet, soft and muddy. Pools and creeks are deep, so careful route finding and a common-sense approach to locating crossing points is recommended. Please make safer choices. Some waterholes are above head high deep! Some thicker vegetation occurs, and may include fallen logs and vines. Lawyer Vines (or "Wait-a-While" vines) will be encountered. These can be quite long, are very tough, and have thorns. They may catch onto clothing or skin. Take care to reverse back and go around them rather than forcing your way. Full body cover is recommended, including eye protective glasses. Additional motor bike trails occur in some parts of the map. The map has been updated to show any that have been found. There may be other new trails that are not shown on the map. A number of barbed wire fences occur across the area. Some fences are broken and loose wire may occur on the ground. Be observant around broken fences and take care when crossing these. Some 4WD vehicles and motor bikes are active in the area. Be aware of their approach and stand off any tracks or trails to let them pass safely.

Terrain Description for both days



Courses for Saturday have been set as middle distance. A technically challenging area requiring good compass skills in the intricate and subtle gully system. The area offers a mix of lovely open spur gully terrain which is very runnable and the intricate valley floor. Some lawyer vine is in the watercourse sections and green areas, but it can be surprisingly open and runnable as well. Full body cover is recommended plus insect repellent under and over clothing to deter leeches and mosquitoes. Enjoy! There is a lot of controls in the forest. Controls are close to each other in some areas so checking codes is highly recommended.

Courses for Sunday are set to Long Distance format. Longer legs with more climb especially on the steeper sides of the valley.

Start Lists: For the NOL Middle distance are available on Eventor.

State Leagues Competitors

Collect the sticker from Registration tent.

You will be able to choose a start time to stick to your shirt and proceed to the start and avoid excessive queuing. You will need to know what **Course** you are running to ensure you collect a time from the correct course start time sheet.

Starts from 13:00 to 14:50 on Saturday and from 09:30 to 11:00 on Sunday.

Start procedure

NOL competitors and State league Competitors	Clear and check prior to entering
Race time -3mins	SI number and bib check. Punch officials check unit.
Race time -2mins	Collect control descriptions.
Race time -1min	Map boxes and final race information
State League competitors only	Punch start unit after the start beep

Late Starts(Elites- middle only): If you are late for your start, please see the start officials who will direct you when to start.

Control Descriptions

IOF symbol control descriptions will be on the map. English control descriptions for Moderate, Easy and Very Easy will be available at the start on the control description table in the start procedure.

Finish procedure

After finishing, head to the download - join the queue be patient and take a few deep breaths. You **MUST** report to the Download tent even if you did not complete your course.

The Finish Control will be be SportIDent Air enabled. This means that you can swipe within its range and it will register, beeping and flashing as per usual.

Punching System: Both events will have SportIDent Air. When controls are SportIDent Air enabled regular Sportident punching also works. Just punch the control as normal.



Results

A QR Code for each day is included in each events details below. This link to the live results will also be displayed at the event arena each day. Results will be available on the Eventor portal each afternoon along with the splits. Maps and courses will be available in Livelox as soon as practical for each event.

Phone coverage for Telstra is good other networks patchy.

Results: Results will be available online from the arena at

Saturday results



Sunday results



Complaints and protests: To make a complaint or protest please go to registration. Complaints will then be passed onto event officials as required.

Jury: The jury will be made up of available level 3 controllers present on the day. The following level 3 controllers have kindly agreed to be on a jury if required: Bruce Arthur (MFR VIC), Alex Davey (WRN Saturday only), Rodney Parkin (BN NSW Saturday only), Mark Shingler (BF NSW), Anna Sheldon (OA Technical Director), Blair Trewin (OA Ex-Officio).

O Shop: Aussie-O-Gear Colin Price is controlling the state league events and will be unavailable. If you want any items email him beforehand and pick up from registration.

Insect risk: If the forest is wet or it is raining leeches may attach to your clothing or skin. Under these weather conditions it is highly recommended to apply tropical strength insect repellent to your skin under your O gear paying particular attention to your ankles and lower legs. Then apply spray repellent to your clothing. These risk management methods will minimise the risk of leeches attaching. On completion of your course it is recommended that you check yourself thoroughly and your clothing for leeches.

Whistle: Please carry a whistle for the purpose of alerting other competitors to an injured and incapacitated competitor. The help request is three short blasts on the whistle with a break in between. If you hear this distress signal please abandon your course and render assistance.

First Aid: A first Aid kit will be available at the registration tent. For more serious attention the closest emergency department is Wyong Hospital or Gosford Hospital.

Water: Please supply your own water. Please carry and supply your own water. Only if it is very hot will a water drop be placed in the field. Elites will be able to place water/drinks at the map exchange on Sunday.

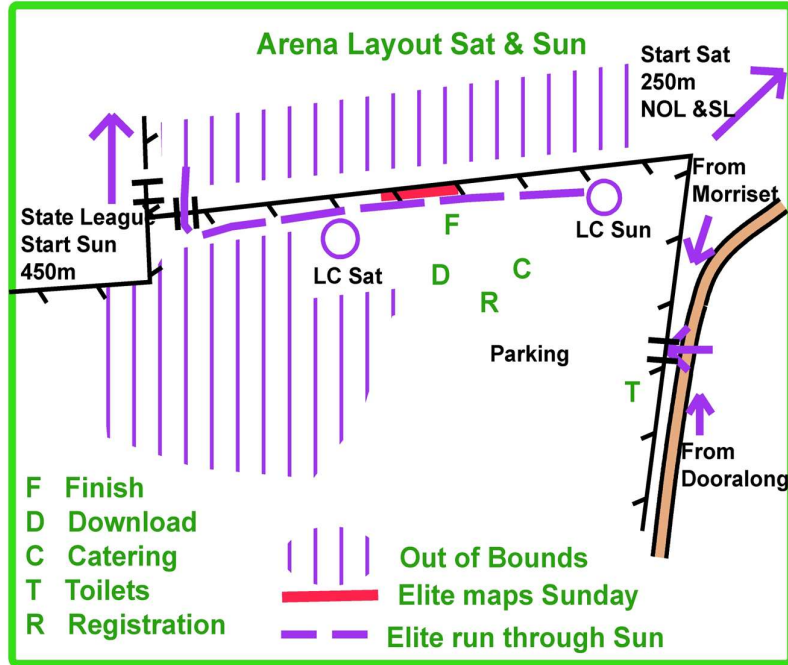
Warm up Areas

Day 1: for everybody on track to start -do not leave the track as it is out of bounds on both sides.

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Day 2: Around the parking paddock for the elites.





**Event 1 NOL Round 4 NSW State League 5
Olney State Forest – Middle Distance**

Race format: Middle

Map Scale: NOL 1:10000, All State Leagues Classes 1:7500

Map Location: Olney State Forest Updated February 2025.

Mapper: Rob Vincent

Setter: NOL courses - Julian Dent

Controller: NOL - Nick Dent

Setter: State League Course- Nick Dent

Controller: State League - Colin Price

Very Easy & Easy – Please note there will be smiley signs on the Very Easy course at track junctions indicating which route to take. **These signs do not apply to the Easy course competitors.**

STARTS Refer to start list		National Orienteering League Round 4			
Courses	Classes	Length	Climb	Controls	Scale
Hard 1	M21E M20E	4.9	140	21	1:10000
Hard 2	W21E W20E M21Sport M20Sport	4.0	60	20	1:10000
Hard 3	W21Sport W20Sport	3.2	65	16	1:10000
NSW State League 5					
Courses & First Start	Classes	Length	Climb	Controls	Scale
Hard 1 13:47	M35A	4.9	140	21	1:10000
Hard 2 13:18	M18A M40A M45A M50A M55A	4.0	60	20	1:7500
Hard 3 13:00	W18A M16A M60A M65A W35A M21AS	3.2	65	16	1:7500
Hard 4 13:00	W16A W40A W45A W50A W55A W60A M35AS M70A	2.8	45	14	1:7500
Hard 5 13:00	M75A W65A W70A M45AS M55AS W21AS W35AS W45AS W55AS EODH	2.3	35	12	1:7500
Hard 6 13:00	M80A M85A W75A W80A W85A M65AS W65AS M90	1.5	25	9	1:7500
Moderate 13:00	M14A W14A M Open B W Open B EODM	2.3	30	10	1:7500
Easy 13:00	M12A W12A Open Easy EODE	2.3	25	9	1:7500
Very Easy 13:00	M10A W10A M/W10N Open Very Easy EODVE	2.1	20	9	1:7500

Distance from parking to Arena, Finish: 100m.

Distance from Arena to Start: 225 metres



Start times: NOL from 12:00 pre-allocated for Elites and sport classes.

**State leagues: queuing starts from 13:00. Last Start 14:50
Collect a time from sheets provided at the registration tent.**

Elite start lanes Hard 1, Hard 2, Hard 3 will be separate to the State League lanes as they will be running with a different map scale and at a different time.

(Exception State League M35A will be 1:10000 starting after the elite runners)

State League Competitor variation to start procedure as follows: Have your start sticker on your shirt to show the start official. The start will be set up with 9 lanes- one for each course. The start official will get you to punch the **Check** unit. On the final beep of the clock you pick up your map **punch the start unit**. The start will be **SILENT**.

Finish Procedure: After you punch the finish control please proceed to the download tent to download your course and receive a splits printout.

Maps will not be collected so please observe the rules of fair play and do not discuss or show your map to fellow competitors who have not yet been out on their course.

Course Closure: 16:00. If you are still on your course at this time please abandon and proceed to the finish and download. Controls may be being removed after this time.



Event 2 Sunday 11th May 2025 NOL Hagaby -Long NSW State League 6 -Long

HAPPY MOTHERS DAY!

(with apologies to all those mothers who are missing out because of this event!)

Map: Olney State Forest

Map Scale: NOL 1:10000, All State Leagues Classes 1:7500

Scales 1:10000 (Courses Hard 1, Hard 2, Hard 3 and Hard 4)
and 1:7500 the rest

Map Location: Olney State Forest Updated February 2025.

Mapper: Rob Vincent

Setter: NOL courses - Julian Dent

Controller: NOL Nick Dent

Setter State League Courses- Nick Dent

Controller State League: Colin Price

Start:

Distance to Elite mass start in the arena

Distance to State League start: 450m

National Orienteering League Elite Competitors

MASS START FROM 9:00

Please assemble from 8:50 am with your race bibs clearly visible. Start is in the arena.

Maps will be hanging up with a bib number by Elite Class.

Mass Starts for all NOL competitors on Sunday at 9:00am.

M21E mass start 9:00

W21E mass start 9:04

M20E mass start 9:08

W20E mass start 9:12

Sports classes mass start 9:16

Control Descriptions will be on your map. No loose control descriptions will be available for the Hagaby races.

NSW State League 6 Competitors

State League Starts from 9:30 queueing. Collect your sticker from the table at the registration tent. Start is 350m from arena. Follow pink tapes to start area.

Start procedure: as per Event 1. First Start 9:30 Last start 11:00

State League Competitor start procedure as follows: The start will be set up with 10 lanes- one for each course. The start official will get you to punch the **Check** unit. On the final beep of the clock you pick up your map and **punch the start unit**. The start will be **SILENT**.

Finish Procedure as per Event 1

Course Closure: 1:00pm If you are still on your course at this time please abandon and proceed to the finish and download. Controls may be being removed after this time.

Course	Class	Length	Climb	Controls	Scale
NOL Hagaby Format					
Hard 1A/B	M21E	9.3	260	18	1:10000
Hard 2A/B	W21E M20E M21Sport	7.6	240	22	1:10000
Hard 3A/B	W20E M20Sport W21Sport	6.9	140	22	1:10000
Hard 4A/B	W20Sport	5.5	100	18	1:10000
State League Long Distance Format					
Hard 2	M35A M40A	6.9	215	21	1:7500
Hard 3	M18A W35A M45A	6.1	135	18	1:7500
Hard 4	M16A W18A W40A W45A M50A M21AS EODH	5.2	170	17	1:7500
Hard 5	M55A M60A M65A W50A M35AS	4.7	165	14	1:7500
Hard 6	M70A W16A W55A W60A M45AS W21AS	3.6	125	11	1:7500
Hard 7	M75A W65A W70A M55AS W35AS W45AS W55AS	3.3	115	12	1:7500
Hard 8	M80A M85A W75A W80A W85A M65AS W65AS M90	1.9	50	6	1:7500
Moderate	M14A W14A M Open B W Open B EODM	2.9	65	10	1:7500
Easy	M12A W12A Open Easy EODE	1.8	30	9	1:7500
Very Easy	M10A W10A M/W10N Open Very Easy EODVE	1.7	20	8	1:7500

Hagaby Format explained

Hagaby races (sometimes referred to as one-person relays)

Why Hagaby? The name Hagaby may have come from a Swedish orienteering club that popularised the format (Hagaby Golf Orebro). Features of a Hagaby race:

- A mass start for all runners.
- Runners complete two or more loops before a common final loop..
- Varying the order of the loops is designed to spread the field. This minimizes following in the final loop.
- The format resembles a one-person relay, with runners picking up new map at the end of the first loop, but not punching the finish control until the end of the final loop.

Landowners: Thank you, Tony for allowing us to use your land for the arena and parking area.

NSW State Forests